

Thank you Kathy  
Phone #  
Name


Summer

# Erie County Stay Fit Dining Program

## Standard Menu

June 2022

Summer

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30 No Meals Served</b>  REMEMBER THOSE WHO SERVED ALL GAVE SOME, SOME GAVE ALL	<b>31</b> Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Fresh Apple <i>Chocolate Milk</i> (781)	<b>1</b> Whole Grain Pasta with Meatsauce <i>Chef Salad with Dressing</i> Dinner Roll Carrots Tapioca Pudding (878)	<b>2 Soup &amp; Salad</b> Beef Barley Soup Rye Bread <i>Chef Salad with Dressing</i> Cauliflower Grape Juice Chocolate Mousse (740)	<b>3</b> Roast Pork with Warm Cinnamon Apples Mashed Butternut Squash Sautéed Cabbage with Dill Wheat Bread Frosted Spice Cake (697) 
<b>6</b> Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	<b>7</b> Ham Steak with Maple Glaze Scalloped Potatoes Peas with Red Pepper Rye Bread Frosted Lemon Cake (781)	<b>8 Entrée Salad</b>  Tuna Salad on a Bed of Salad Greens with Dressing Whole Wheat Dinner Roll Baked Pear Crisp (670)	<b>9</b> Breaded Chicken Breast with Tomato Sauce & Shredded Mozzarella over Pasta Wax Beans <i>Chef Salad with Dressing</i> Tropical Fruit <i>Chocolate Milk</i> (709)	<b>10</b> Roast Beef with Horseradish & Gravy Sweet Potatoes Brussel Sprouts Whole Wheat Dinner Roll Fruited Gelatin (692)
<b>13</b> Italian Sausage with Peppers, Onions, and Tomato Sauce on Hot Dog Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	<b>14 Flag Day Meal</b> Breaded Chicken Drumsticks Au Gratin Potatoes  Green Beans Dinner Roll Fresh Melon Salad Ice Cream Sandwich (836)	<b>15</b> Baked Chicken with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (639)	<b>16 Father's Day Lunch</b> Breaded Pork Chop with Gravy Ranch Mashed Potatoes <i>Chef Salad with Dressing</i>  HAPPY FATHER'S DAY Broccoli Florets Dinner Roll Boston Cream Pie (918)	<b>17</b>  Chili con Carne Carrots Fruit Punch Cornbread Fresh Grapes <i>Chocolate Milk</i> (875)
<b>20</b> Pork Ribette with BBQ Sauce Cheesy Mashed Potatoes Seasoned Mixed Greens Hot Dog Bun Frosted Lemon Cake (950)	<b>21 Welcome Summer!</b>  Low-fat Cottage Cheese with Mandarin Oranges & Pineapple on a Bed of Fresh Salad Greens with Dressing Club Crackers Marinated Tomatoes & Cucumber Salad Strawberry Shortcake (745) 	<b>22</b> Beef Macaroni Casserole California Mixed Vegetables <i>Chef Salad with Dressing</i> Rye Bread Fruit Compote  <i>Chocolate Milk</i> (860)	<b>23</b> Roasted Turkey with Cranberry Sauce Mashed Potatoes Peas & Carrots Breakaway Roll S'mores Scramble (645)	<b>24</b> Beer-Battered Fish with Tartar Sauce Macaroni and Cheese Green Beans Whole Wheat Dinner Roll <i>Coleslaw</i> Fresh Watermelon (931)
<b>27</b> Cheese Ravioli with Meatsauce Peas Seasoned Squash with Peppers Italian Bread Peaches (738)	<b>28</b> Chicken Shawarma Seasoned Green Beans Cauliflower Quinoa Tabouleh Salad Sugar Cookies (637)	<b>29</b> Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811)	<b>30</b> Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Broccoli Raisin Bread Mandarin Oranges <i>Chocolate Milk</i> (692)	<b>1 Independence Day Lunch</b>  Hot Dog with Baked Beans & Ketchup on a Bun <i>Potato Salad</i> Corn-on-the-Cob Apple Juice Orange Creamsicle Bar (1067)